Town Life and its Effects.

See page 349.

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HEALTH

A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

"Reason's whole pleasure—all the joys of sense—
Lie in three words, HEALTH, PEACE, and COMPETENCE."—*Pope.*

EDITED BY DR. ANDREW WILSON, F.R.S.E. &c.

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were exclusively the products of the operation of a so-called vital force by his discovery of the synthesis of urea, a great number of bodies, hitherto obtained only in nature's laboratory, have been successfully built up, as the result of a careful and most minute study of their exact nature. The discovery of the preparation of substances by artifice, more particularly the dyes, has, as a matter of course, influenced very considerably home and foreign industries. What shall be said, then, when chemistry promises to solve hard problems of political and social economy? In an address delivered at Heidelberg, by no less eminent an authority than Victor Meyer, it is announced "that we may reasonably hope that chemistry will teach us to make the fibre of wood a source of human food." What an enormous stock of food, then, will be found, if this becomes possible, in the wood of our forests or even in grass and straw.

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The fibre of wood consists essentially of cellulin, $C_6H_{10}O_5$. Can this be made to change into starch? Starch has exactly the same percentage composition, but, as every one knows, it differs very much in its properties, and the nature of its molecule is probably much more complex. Cellulin is of little or no dietetic value, and it is not altered, like starch, in boiling water. It readily gives glucose when treated with strong sulphuric acid, as is easily shown when cotton-wool, which is practically pure cellulin, is merely immersed in it. Starch gives the same product when boiled with weak acid. The author further quotes the researches of Hellreigel, which go to show beyond dispute that certain plants transform atmospheric nitrogen into albumen, and that this process can be improved by suitable treatment. The production, therefore, of starch from cellulin, together with the enforced increase of albumen in plants, would, he adds, in reality signify the abolition of the bread question. It must be born in mind, however, that theory, fascinating and promising though it may be, is not always capable of being followed up by a practical result.

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A good sniffing combination for preventing the influenza is said to be composed of pure carbolic acid, two drachms; eucalyptus oil, one drachm; strong liquid ammonia, one drachm—to be used with care.

✣ ✣ ✣

Dr. G. Neubert, having examined the blood in 24 cases of consumption at various stages, found that in 9 the number of corpuscles was normal, in 3 it was above, and in 12 more or less below the average. On the whole there was an average diminution of about 8 per cent. The increase noted in 3 cases might perhaps be attributed to profuse night-sweats. The hæmoglobin, or colouring-matter of the blood, showed a reduction to 73 per cent. in the females, and 85 per cent. in the males. There was no notable change in the number of white corpuscles. In 5 cases of cancer of the gullet, and 4 of cancer of the stomach, there was an invariable diminution in the number of red corpuscles, and also notably of hæmoglobin. It is inferred that the hæmoglobin, being the more "sensitive" element of red blood-corpuscles, is more profoundly affected than the substance of the corpuscles. A distinction was made between the anæmic and marasmic types of cancer, the latter exhibiting an average reduction of 13 per cent. of corpuscles, while the hæmoglobin fell to 87 per cent. of the normal; the former showing a corpuscular reduction of 35 per cent. while the hæmoglobin was as much as 70 per cent.

Original Essays

"Life is not to live, but to be well."—*Martial.*

SOME MEDIÆVAL MEDICINES.

By Percy Russell.

Opinion will always be divided as to whether, on some points, the present are wholly better than certain former times; but I do not imagine any one will venture to doubt the absolute gain achieved in the theory and the practice of medicine. There is even now a good deal of quackery about, and not a little downright superstition, as evinced in certain cases of alleged faith-healing which occasionally come before the public, although in *some* instances the mind may possibly act most remedially upon the body. But we are at least free of the gross ignorance and often abominable mummery which disgraced the medical practice of our remote forefathers, and rendered the healing art, so-called, too often a mere farce, which was but the sad prelude to a final tragedy of death—often preceded by physical sufferings as keen as they were unnecessary.

In the course of my reading I lately came on a curious reference to the practice of medicine in or about the time of Edward IV. in England, and some notes thereon may be equally acceptable and suggestive to the readers of Health. The matter here referred to seems to have been long buried in the *Gentleman's Magazine* (1843), and relates to discoveries made by a correspondent thereof, who found among old papers at Losely House, Surrey, a MS. in quarto size, sewed up in a parchment cover, and obviously belonging originally to a parish priest of the times of Edward IV. In those days the priest was presumedly a physician of the body as well as of the soul; and as the dispenser of such rude medicines as the times knew, a *vade-mecum* containing plain rules and hints as to health and disease was no doubt highly esteemed, the more probably by those who were themselves not much wiser than their unfortunate patients, and who were, therefore, naturally anxious that when their treatment turned out ill, they might have written authority to justify the advice given.

The first thing that strikes one on glancing over this quaint book, is the fact that it was evidently a current belief that the stars had powerful influences over the health of mankind. No "leech" would, in those benighted days, dream of prescribing without being something of an astrologer in reality or appearance; and the following entry in this curious work on mediæval medicine in England sufficiently explains and accentuates the deplorable mental darkness that existed then even among those who were reckoned high among the intellectual leaders of the age.

"In the furste begynnynge of the mone it is profitable to each man to be letten blode; the ninth of the mone neither by nyght or by day, it is not good." Probably in those days the average man had a superabundance of blood, and could better afford to lose a little than in these peaceful and degenerate times.

Some of the prescriptions were exceedingly simple, and consisted, in fact, of nothing but what was a "charm," so that if ever it proved of any efficacy it must necessarily have been in the way whereby mesmerism and faith-healing are made to act. Thus we read that, "for hym that may not sleep—Take and wryte these wordes into leves of lether—Ismael! Ismael! adjuro te per Angelum Michaelem ut soporetur homo iste." This "charm" was

to be placed under the head of the sleepless, thus anticipating the more practical hop-pillow of later times.

However, our mediæval priest-doctor had more than "charms" wherewith to meet and vanquish disease. The following singular prescription appears for "all maner of fevers":—

"Take three drops of a woman's mylke that norseth a knave child, and do it in a henne's egg that is sedentary (a sitting hen is meant), and let the patient sup it up when the evyl comes." Truly, an easy treatment this. There is more of the same kind, all mixed up with astrology and the science of divining, and showing how correctly Chaucer describes the Doctor of Physic, as—

> "Grounded in astronomy
> He kept his pacient a full grate dele,
> In hours, by his magike naturele,
> Well could he fortune the ascendent
> Of his images for his pacient."

It was long, as we know, before the science of medicine cast off the thraldom of astrology, and in the remote times referred to above the pharmacopœia was, indeed, as fearful as it was mysterious and childish. Such so-called "drugs" were actually prescribed as "mummy" powder from Egypt, "tincture of skulls," "oil of bricks" (whatever that might be), and a thousand other nostrums, to say nothing of pulverized spiders and oil of scorpions.

In the *Gentleman's Magazine Library*, containing the chief contents of the *Gentleman's Magazine* from 1731 to 1868 (Elliot Stock), we find the following cited as an ancient medicine, "good for weakness or consumption":—

"Take a sow-pig of nine days old, slay him and quarter him" (the "him" is curious, by the way), "and put him in a stillet with a handful of spearmint, a handful of red fennel, a handful of liverwort, half a handful of red neap (is this turnip or parsnip?), a handful of clarye, and nine dates (*nine* a magical number, of course); let all be clean picked and pared, and a handful of great raisins. Pick out the stones, and add a quarter of an ounce of mace, and two sticks of cinnamon, bruised in a mortar, and distill it with a soft fire and put it in a glass and set it in the sun *nine* days, and drink *nine* spoonfuls of it when you list."

This is a nice mess truly, but it serves to show the kind of rubbish that was dignified in the dark ages as medicine. In the majority of cases in those times the remedy must, indeed, have been infinitely worse than the disease.

"SHUT YOUR MOUTH."

With reference to the article on the above topic, published in last week's Health, a correspondent, "F.R.C.S.," writes that much information on the topic of nose-breathing *versus* mouth-breathing may be found in a book entitled the "Respiratory Functions of the Nose," by Grenville Macdonald, M.D., lately published by A. P. Watt, 2, Paternoster-square, London.

Dr. Macdonald, who is physician to the Throat Hospital, Golden-square, London, W., in his introduction tells us that the doctrine has been taught for many years that the nose is the natural respirator, and that if we breathe through the nose "there can be no need for any apparatus covering the mouth to warm, filter, and moisten the inspired current of air." A reviewer, in speaking of Dr. Macdonald's interesting work, says that "the method of investigation which he adopts is exceedingly ingenious, and sources of fallacy appear as far as possible to have been carefully excluded. The apparatus consisted in the main of a series of tubes, by means of which air could be passed through the chambers of the nose without encountering the mucous membrane of the pharynx or mouth, and at the same time being uncontaminated with the air from the lungs. Details of the method, together with the precautions enforced during the experiments, are given at length, and the description of the process gains additional clearness from the explanatory diagrams. The conclusions at which the author arrives are as follow: The air in passing through the nose alone, and before reaching the pharynx, is raised almost, if not quite, to the temperature of the blood, however reduced the atmospheric temperature may be at the time. Several of the experiments, it may be noted, were carried out in a refrigerating chamber, at a temperature considerably below freezing-point, and the above conclusion remained good. Secondly, however dry the external air may be, it is, on passing through the nose, completely saturated with moisture. Thirdly, a considerable gaseous exchange takes place in the nose between the inspired air and the blood (in other words, the nose aids the lungs in the work of breathing); and the quantity of carbonic acid exhaled by the nasal mucous membrane is proportionate to the number of degrees in temperature to which the air is raised."

These conclusions, reached after laborious and exact experimentation, fully justify the remarks of "M.D." in Health, and the views of Mr. Catlin referred to in "M.D.'s" article, regarding the importance of nose-breathing as a practice preventing many ailments. If our children (as among the Indians) were only taught to breathe habitually through the nose, one may well be convinced that we should not suffer as we do from consumption and other lung complaints.

THE CHEMISTRY OF THE HOUSE.

(SECOND SERIES.)

By Dr. Drinkwater, F.C.S.,
Lecturer on Chemistry in the Edinburgh Medical School.

EIGHTH PAPER.

A GLASS OF MILK.

A glass of milk, real milk, fresh from the cow—a thing almost unknown to many an inhabitant of the smoky town, and a blessing not properly appreciated by those living in the country. Milk as a food is unique, for it contains all the ingredients of a perfect food, and more: it contains them in proper proportions and conditions to give most nourishment, with little waste and without putting undue strain on our digestive organs.

In speaking of food, it will be as well, perhaps, if we take a glance at the chemical principles involved in eating and drinking.

Man has been compared to a steam-engine. We take in a certain amount of food analogous to the coal; and just as the coal burns to carbonic acid gas and water, leaving a certain amount of ashes and waste, so is our food burned, producing similar products. Just as the heat of the engine-fire generates a certain amount of energy and performs a certain amount of work, so does our food keep up the animal heat, generate energy, and enable us to do work. At first sight the analogy seems pretty perfect; but there is a great difference in many respects between a human body and a steam-engine. In the steam-engine the fuel is consumed in one spot, and the energy is carried to a distance by means of steam-piping, or mechanical agency; whilst in the body, the

combustion takes place all over the body. Again, the fuel of the steam-engine is used up in turning water into steam; but in the human body the conversion of water into vapour is a very unimportant matter; and, lastly, we come to a very important difference. In the human body no food is burned up until it becomes part and parcel of the body itself. The food is first digested and absorbed into the system, and then, but not until then, does it undergo combustion. So the comparison between a steam-engine and a body is not a very good one after all.

Before we can judge what is necessary or useful as food, we must have some notion of the chemical constituents of the human body; in fact, just as we required to know the composition of a plant before we could determine its proper food, so we must procure similar knowledge regarding our bodies.

The following table, taken from the South Kensington Handbook to the Food Collection will show us the amount of each element in a body of average weight:—

	lbs.	ozs.	grs.
Oxygen	109	2	335
Carbon	18	11	150
Hydrogen	14	3	150
Nitrogen	4	14	0
Phosphorous	1	12	25
Sulphur	0	8	0
Chlorine	0	4	150
Fluorine	0	3	300
Silicon	0	0	14
Calcium	3	13	190
Potassium	0	3	340
Sodium	0	3	217
Magnesium	0	2	250
Iron	0	0	65

Other metals have been found in faint traces, but the above table shows the principal ingredients. Now this table will give us a clue as to the requirements of the body, as far as material is required, to build it up; but we all do something more than merely live; and we must also discover what food will enable us to carry through our work as well as to keep up the temperature.

Foods have been divided into flesh-formers, heat-producers, and mineral foods, on the assumption that certain constituents (the nitrogenous) went to form flesh, whilst others (the carbonaceous) were used up in producing heat; the mineral portion playing sometimes a special function, and in some measure going to build up the bony framework or skeleton. This classification, however, is not very correct, for we now know that whilst perhaps the chief use of flesh-formers is to produce tissue, yet they aid in no small degree in keeping up the temperature; and, on the other hand, whilst the heat-producers are mainly of value in keeping up the animal heat, yet they at the same time act in a lesser degree as flesh-formers, and still more, as energy-producing foods—that is, foods on which we do our muscular work. A better and simpler division for our purpose will be into nitrogenous and non-nitrogenous foods. In speaking of a food in a chemical sense we mean one substance only; the foods we are in the habit of partaking being compounds containing several foods.

Amongst the non-nitrogenous foods we may class starch, sugar, fat, &c. They undergo oxidation in the body, and produce heat and energy to a certain extent; also fat produces fat. Nitrogenous foods contain the following substances, amongst their number albumen, fibrin, casein, legumin, &c. These, by oxidation, produce heat and energy in a lesser degree than the carbon compounds; but their principal function is to repair and form tissue, hence the old name, flesh-formers. They may also form fat.

For the purpose of keeping the body in a healthy condition a certain amount of each of these foods is required daily, and a perfect dietary would be represented by the following table, which shows the amount required for a day's supply:—

		lbs.	ozs.	grs.
Non-Nitrogenous.	Water	5	8	320
	Starch, Sugar, &c.	0	11	178
	Fat	0	3	337
	Salt	0	0	325
	Other mineral matters	0	0	170
Nitrogenous foods		0	4	110
	Total...	6	13	128

The total shows the amount of actual food required. In reality we eat more, because our foods are mixed substances, which, in many cases, contain too much of one substance and two little of another, and nearly all contain a certain amount of useless and indigestible material, which mainly leaves the body as it entered, having no food value whatever.

Excepting milk, no one food substance would supply us with the necessary quantity of any one ingredient without giving us an excess or an insufficiency of another. For example, supposing we confined ourselves to a diet of bread, we should have to consume three pounds, thirteen ounces, to give us the requisite amount of nitrogen, whilst two pounds, eight ounces would give us the required quantity of carbon. Therefore, to get the most value with the smallest amount of wear on our digestive organs, we are in the habit of combining with our diet of bread a certain amount of meat, which will supply the nitrogen which we should otherwise lose with the smaller amount of bread. In fact, twelve ounces of meat would advantageously take the place of two pounds of bread.

How to Treat Rheumatism, Lumbago, and Sciatica —A Pumiline bath is to be given hot, three times a week at least, and, if possible, daily. After each bath the painful parts are to be rubbed with a woollen glove, well sprinkled with the Pumiline Essence.—Dose: Three drops of the Essence to be taken twice daily. Embrocations, to be presently noted, with the Pumiline Liniment are to be used two or three times a day. For neuralgia, rub the painful part with a woollen glove or piece of flannel, on which twelve to twenty drops of the Essence have been sprinkled. A piece of lint, soft rag, or cotton wool soaked in the Essence, or Pumiline Liniment, should be kept on the painful part until the skin is well reddened. For embrocations, ten or twelve drops of the Essence may be poured on any part desired, and gently rubbed in with the hand until the Essence be completely absorbed. After each embrocation a piece of flannel or cotton wadding, on which ten or fifteen drops of the Essence have been sprinkled, should be laid over the part. Should the skin, &c., be too sensitive to admit of being rubbed, a piece of flannel or wadding well sprinkled with the Essence may be laid over it, and this covered with oil silk, &c. Stern's Pumiline Essence is that which should be used in all these cases.

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Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

SOME FACTS ABOUT CONSUMPTION.

PROFESSOR HIRSCH, in his "Handbook of Geographical and Historical Pathology," here states that it will surprise many people to learn that the death-rate from phthisis is as high in sunny Italy as in foggy England. Heat and cold *per se* have no influence, and those who hold the old-fashioned notion that damp and cold are the main causes of phthisis, will be puzzled to account for the almost complete immunity enjoyed by the inhabitants of the Hebrides and the Faroe Islands. Latitude is not, however, without a distinct influence, both upon the prevalence of and the type of phthisis. The disease becomes rarer as we approach the poles, and is extremely infrequent within the limits of the Arctic and Antarctic circles. In the tropics the disease does not conform to the ordinary chronic form familiar to medical observers in this country, but in the brevity and severity of its course approximates rather to acute tuberculosis.

While the influence of latitude is comparatively slight, irregular, and apt to be counteracted by other conditions, that of altitude is most potent. Among the higher Alps, the Andes, the elevated plateaus of Mexico, Persia, and South Africa, we approximate, though probably never quite attain to, conditions of absolute immunity. In India the disease is tolerably common, and very pernicious on the lowlands, while it is extremely rare upon the slopes of the Himalayas, the Ghauts, and the Neilgherries. At Bogota and Quito, in spite of the aggregation of large populations, the disease is exceedingly rare, and is practically limited to settlers from the lowlands, or from other countries. Even at Potosi, among a population engaged in mining, and amidst conditions of very imperfect hygiene, phthisis can scarcely gain a footing. It is thus evident that the protective influence of high altitudes suffices to counteract other forces which usually occasion a widespread prevalence of the disease.

The incidence of phthisis in the Australasian colonies is of much interest, in view of their popularity as refuges for the consumptive. The large towns of Australia have now a death-rate from phthisis of over 2 per 1,000, and present few advantages to the phthisical sufferer over his own country. On the other hand, the large inland plains of Australia are almost exempt from phthisis, and constitute a genuine sanatorium, due, no doubt, to the existence of the eucalyptus trees. Eucalyptia, the essential principle contained in the leaves of this tree, is coming largely into use as a powerful antiseptic and deodorizer. The salutary, refreshing effect upon a patient of sprinkling a little eucalyptia about the sick chamber repays for the trouble a thousandfold.

Professor Hirsch's conclusions may be briefly summed up as follow:—Phthisis is everywhere prevalent, but it is rare in Polar regions, and rarer still at high altitudes. The main factor in its production is overcrowding and bad hygiene. Heat and cold *per se* have no influence. Damp, when conjoined with frequent oscillations of temperature, predisposes to the disease; but humidity of the air is less important than dampness of the soil. Occupation is extremely important, but mainly indirectly, as tending to good or bad hygienic conditions.

Of course, the usual nutritive treatment of consumption should not be neglected. The deficiency of nourishment caused by this wasting disease should be supplied, and the lamp of life should not go out from lack of fuel. Nothing among drugs and foods banishes this fell disease like cod liver oil, a remarkably potent form of which is the Kepler Solution, and this can be taken with great freedom, perfect enjoyment, and complete success.

The Kepler process consists in preparing an extract of malt with a sufficient proportion of digestive ferments to assist in dissolving the cod liver oil.

As extract of malt is pronounced by Ziemssen, and other eminent medical authorities, equal in therapeutic value to cod liver oil; and as the Kepler Solution is pronounced by the highest medical authorities as agreeably disguising the taste of the oil, and increasing its nutritive value, the nutritive treatment of the disease appears now to rest upon a thoroughly scientific basis.

A nerve food like Fellow's Syrup of the Hypophosphites has also been found a very valuable adjunct, as it stimulates and invigorates the whole system, and assists in throwing off the disease.

A HINT ABOUT PSORIASIS.

DR. W. ALLAN JAMIESON writes as follows regarding the above disease:—When the eruption of psoriasis is very widely spread over the body, and when its advance is no longer acutely progressive, most benefit is obtained by the use of baths. The mere soaking in warm water for a considerable period of time daily is in itself advantageous, but the action of the water on the skin is greatly intensified by the addition of an alkaline carbonate or an alkaline sulphur salt. Sometimes the one of these, sometimes the other, proves most effectual. Since the sulphur blackens lead paint and stains the enamel of a bath, the alkaline salt alone should be first tried. Two or three ounces of the carbonate of potass are mixed with thirty gallons of water at a temperature which should be maintained between 95 degs. and 98 degs. Fahr., neither extreme being exceeded.

In this the patient should soak head and all if possible, provided the hair can be dried afterwards, for an hour to an hour and a half at night. Less than this does little good. Such a bath is by no means weakening; and if the time be so arranged that retirement to bed is possible at once on its conclusion, there is no risk of cold. Since, however, the alkali removes the natural oiliness of the skin, it would feel tense and uncomfortable were some artificial lubricant not used to replace this. Vaseline answers very well, but still better is a heavy hydrocarbon oil made by the Dee Oil Company, near Chester, and called by Dr. Roberts of that city Oleum Deelinæ. This is inodorous, quite bland, and soothing to the skin.

THE INFLUENZA EPIDEMIC FROM AN AMERICAN STANDPOINT.

BY DR. CYRUS EDSON,
New York Health Department.

AT the present writing, the epidemic of *la grippe* appears to be abating. To say positively that it is leaving us is not possible. We should, therefore, not allow statements in the public press, to the effect that the outbreak is waning, to mislead us into becoming careless of exposure to causes that may induce an attack.

The prevailing epidemic originated, or seems to have originated, in Russia, about November 1st, 1889. According to the European press accounts, one-half of the population of St. Petersburg were attacked by it within three weeks of its appearance in that city. The weather at

the time of the outbreak was unusually warm and humid. These conditions were probably the exciting causes. By December 15th the disease had spread over entire northern Europe, and in the opinion of the writer it reached this country about December 20th. It is uncertain whether to New York or Boston belongs the doubtful honour of having had the first case. Within fifteen days of December 23rd, on which date the first cases were reported in New York, fully 200,000 persons have been afflicted with *la grippe* in that city.

There can be no doubt that the American epidemic is identical with the Russian. The disease is due to some micro-organism carried in and by the air, and probably also by clothing and other material. This micro-organism infects the human system, giving rise to the symptoms peculiar to the disease, but in so doing it is rapidly destroyed by some protecting influence in the human body.

Observers of the highest standing differ upon the subject of contagion, some holding that it is highly contagious, others that it is slightly so, and others still that it cannot be transmitted from person to person. The arguments advanced by the latter in defence of their opinion are that its rapid and almost simultaneous diffusion precludes the idea of personal contagion. The extremely short period of incubation tends also to disprove it. In households, persons who cannot be shown to have been subjected to the disease are seized with it one after another, a few hours only intervening between each case. Then, too, they say, previous epidemics have occurred and have disappeared entirely after running a short course. If, therefore, it were contagious, the disease would be kept alive for a longer period; indeed, it would, like other contagious diseases, never entirely leave us.

On the other hand, the advocates of the contagious theory point out that the disease always follows the main lines of commerce and travel. In hospital wards it has been observed to affect patients in regular order, travelling from bed to bed. They also quote numerous instances of contagion from infected clothing, letters, &c.

It must be admitted that neither side have satisfactorily proved their theory. To the writer it appears to be a contagious disease in the ordinary acceptation of the term, though it is probably only slightly so, for he has frequently seen one or two members of a large family afflicted, while the others, though exposed to the disease, enjoyed immunity. Its propagation is due largely to infection.

The period of incubation appears to be from eighteen to twenty-four hours. The onset is extremely sudden. Patients complain of shivering or chilly sensations down their back, vertigo often, excessive frontal headache, and great prostration. In an exceedingly short time the temperature rises as high in some cases as 105 degs. Fahr. It varies according to the severity of the attack from 101 degs. to 105 degs., or even in rare cases rises to 106½ degs. Fahr. The pulse is accelerated, but not in proportion to the high temperature.

Two distinct varieties of the disease have appeared in this epidemic — the febricular, or nervous, and the catarrhal. The former is most common; the latter most severe in its effects. The febricular, or nervous, form is characterized by the symptoms already mentioned and by severe pains attributed by patients to the bones of the lower extremities, back, and hips. The prostration is not dangerous except to weakened and debilitated individuals. I have known of but one death from it, and that was of an aged person. It, however, engenders a most aggravated form of "the blues," and several suicides of persons suffering from it have been reported. As the disease progresses, rheumatic pains occur in the joints, especially of the lower extremities, and severe lumbago often sets in. The tongue is coated, the breath foul, and the bowels constipated. A very curious symptom in a few cases is that of cutaneous eruption, of which I have known six well-authenticated cases, five of which were reported to the Board of Health of New York as cases of scarlet fever, so closely did the rash resemble that of the latter disease; sore throat and strawberry tongue were also present. In twelve to twenty hours this rash totally disappeared. The French Academy of Medicine discussed this eruption at some length, and, as far as I can at present ascertain, decided that it was due to antipyrin, which has been so commonly used in the treatment of the disease. In five of the cases reported, however, no medicine of any kind had been administered.

The catarrhal form of the epidemic is marked by the same prodromal symptoms as the febricular; but, in addition to these, there are sneezing and coughing, due to congestion of the mucous membrane of the respiratory tract. This sometimes results in a bronchitis of the smaller, or capillary, bronchi, or even in a broncho-pneumonia. The eyes are congested and watery. Some cases even suffer from acute catarrh of the stomach, and have, in consequence, persistent vomiting. The sense of taste, as well as that of smell, is, in many instances, temporarily lost.

The febricular form almost invariably terminates in recovery in from thirty-six to forty-eight hours. The catarrhal variety, however, lasts longer, taking from three to nine days to run its acute course. Convalescence from both is slow, but especially so from the catarrhal. The patient is weak and ailing for some time. The slightest exertion causes profuse perspiration, and relapse, in consequence, easily occurs. Chronic catarrh of the air-passages is apt to be left after an attack of the catarrhal form.

The name contagious influenza is a misnomer, as it applies only to the catarrhal variety, and this probably occurs in only about 10 per cent. of the total number of cases. It was this name and the description of the catarrhal form that misled the physicians of the country, and delayed the recognition of the disease.

Males appear to be affected more frequently than females, and those following out-door occupations more frequently than those employed within. Children seem least of all subject to it.

La grippe is rarely, if ever, fatal in itself, except to the aged. It is, however, highly dangerous to persons suffering from severe chronic ailments, such as consumption, Bright's disease, affections of the heart, &c. Persons excessively debilitated from any cause frequently succumb to its effects.

Physicians have been struck with the resemblance of *la grippe* to dengue fever, or dandy fever, as it is sometimes called on account of the rheumatic affection of the joints, which gives the patient a stiff, dandified walk. They are doubtless closely allied.

The treatment of *la grippe* is varied somewhat with the symptoms presented. A laxative at the onset; antipyrin, or, better still, phenacetine, for the headache and fever; expectorants, sedative, and inhalations of the compound tincture of benzoin, and steam for the catarrhal form; tonic doses of quinine during convalescence do great good. The excessive sweating may be controlled by the means taken to control it in other diseases.

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The following preventive measures should be followed, especially by persons convalescing from other ailments, by those suffering from chronic diseases, and by old persons: Wear warm clothing next to the person. Adopt a plain, nourishing diet, and take your meals regularly. Avoid late hours. Keep indoors as much as possible, especially at night. Shun crowded places, public meetings, &c. When in the open air keep in motion; avoid wetting the feet. On entering a house remove overcoat or wraps at once. Keep away from those suffering from the disease. In a word, avoid exposure and excess; adopt regular habits and live well. On the first symptom of the disease do not attempt to treat yourself, but send at once for a physician.

A good deal has been said by alarmists concerning the probability of cholera following the present epidemic. I cannot do better than to quote a paragraph on this subject from an able editorial in the New York *Medical Record* of December 14th, 1889, which voices exactly my opinion: "We observe that some feeling of alarm prevails lest this epidemic be a precursor to cholera, as was the case in 1831 and 1847. There have been, however, plenty of cholera epidemics without a preceding influenza, and a great many influenza epidemics without any associate cholera. The micro-organisms of the two diseases are as essentially different as are the diseases themselves. The cholera germ lives in water and soil, the influenza germ in the air. The relation between the two diseases has been, we believe, purely accidental."

There is every probability that within a few weeks *la grippe* will have become a thing of the past, and that, having thinned the ranks of the sickly and aged, it will, like our dear old blizzard, be utilized to mark another mile-stone in the history of the nineteenth century.—*North American Review.*

THE SKIN AND BEAUTY.

The question is often asked, especially by ladies, "How can I acquire a nice complexion?" It is not so easy to answer this question as many persons may imagine. First of all, there may be a natural and inherited paleness, duskiness, or other condition of the skin, which, being natural to the individual, cannot be altered. Further, it is not desirable that this natural constitution of the skin—whatever it may be, and however far off from the "ideal" skin it may appear to be—should be transformed; for there is no "ideal" skin at all, save, indeed, that we prefer an integument of healthy hue, free from blemishes, and discharging its duties as a "lung" freely and well.

To hear some persons talk of a pretty complexion, one would imagine that a pink and white tint was their ideal of beauty; and that, so long as the face was thus provided, the condition of the rest of the body, as regards its integument, did not matter. These are utterly false notions about beauty and the skin. They are thoroughly negatived by science. First of all, medical science teaches us that the skin sympathizes keenly with the general health; while *vice versâ*, the general health naturally affects the state of the skin. Second, it is certain that no local applications to the skin can ever affect its natural constitution. Third, it is to be borne in mind that there is a right and a wrong way of treating the skin.

It is wrong to use coarse coloured soaps, loaded with glycerine or other materials which cause smarting and pain. It is an error to dust the skin with injurious powders, just as it shows a singular want of good taste to rouge the cheeks, or otherwise to "make up" the face. But it is right to secure healthy action of the whole skin by frequent hot or Turkish baths, and to cure acne or blackheads when they occur by pressing them out, and then applying a little Vinolia as an ointment. It is also a *sine quâ non* of a healthy skin that we use always a superfatted soap, like Vinolia Soap.

For the rest, we may say that excess of flesh food is injurious to the skin, because it overloads the system with nitrogenous matters, and excess of fatty foods is equally to be avoided. The truth is, that simplicity in habits and in diet is the best preservative of the skin's health, when practised in conformity with the hints above detailed regarding the use of a pure soap, and, we will add, a fairly "soft" water.

What Gelatin is Made of.—A great many who use gelatin and who are very fond of it when made into tempting jellies and other delightful dishes, which prominently appear at all swell parties and receptions, are not aware of what materials this substance is made. A great many dealers, who sell hundreds of pounds of it annually, are wholly unaware of its process of manufacture. When pure it has very little taste, and to be made palatable must be mixed with wine or other substances. Properly prepared, it is a very agreeable food-product, and is recommended for invalids, not only on account of its "masticability," but its easiness of digestion. It is recommended by physicians as being nutritious and healthful, giving vital action to the blood and strength to the body. The purest kind of gelatin is obtained from the refuse of the sturgeon. This has a clear, almost a colourless appearance, and great thickening power, and produces a jelly much superior to the ordinary gelatin, which is manufactured from the hoofs, skins, and bones of animals. But let it be said that the materials used must be perfectly fresh and the most cleanly processes employed in producing gelatin, and in purifying it, in order to make it sweet and palatable. Great skill and care are required to separate the pure gelatin from the other substances which are generally found with it. The character of gelatin is very much the same as the white of an egg, though it possesses less nutritive material. A substance somewhat similar to gelatin is found in seaweeds. In China it is made of birds' nests, and is considered a great luxury. A knowledge of chemistry and ingenious methods have brought to the use of the world many economical and valuable food-products that in primitive days would have been allowed to go to waste and decay. The use of gelatin is constantly increasing in the larders of our principal hotels and restaurants, and our leading caterers would hardly think of getting up a feast without using it in some of their choice preparations one way or another. —*Grocers' Criterion.*

Catarrh, Catarrhal Deafness, Hay Fever.—A new Home Treatment.—Sufferers are not generally aware that these diseases are contagious, or that they are due to the presence of living parasites in the lining membrane of the nose and eustachian tubes. Microscopic research, however, has proved this to be a fact, and the result of this discovery is that a simple remedy has been formulated whereby catarrh, catarrhal deafness, and hay fever are permanently cured in from one to three simple applications made at home by the patient once in two weeks.

N.B.—This treatment is not a snuff or an ointment; both have been discarded by reputable physicians as injurious. A pamphlet explaining this new treatment is sent free on receipt of 2½d. stamp to pay postage, by A. H. Dixon & Son, 337 and 339, West King-street, Toronto, Canada.—*Christian Advocate.*

Sufferers from catarrhal troubles should carefully read the above.

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

CONSTIPATION IN INFANTS.

By JOHN DORING, M.D.

(Concluded.)

The baby should be dressed in accordance with the demands of the season rather than fashion. In cool weather the body and extremities must be protected by proper coverings. So long as a square inch of the legs is exposed the protection is incomplete. When the surface is cold the blood is driven to the internal organs; and if this state of things continues for some time, intestinal and other catarrhs are likely to supervene. Cold extremities and impaired appetite, with lessened bodily vigour, often go hand in hand.

The clothing should be arranged loosely enough to allow free movements of the extremities. This may seem an insignificant matter. But it must be remembered that although the baby cannot walk, still it is necessary that a certain degree of muscular development shall be attained before he can take his first steps; and exercise is essential to muscular development. Exercise is not an unimportant factor in the treatment of constipation.

The value of fresh air and sunshine is so generally appreciated that their mere mention will suffice. Even in cold weather baby should have his daily outing, if it be only for half an hour or so, while the sun is shining.

Regularity in evacuating the bowels, while often the only measure necessary in older subjects, is, of course, impracticable in young infants. However, after the twelfth month a child can frequently be taught to go to stool at regular times.

Massage is often a helpful measure in relieving the constipated habit. The palm of the hand and ball of the thumb, or the flat of the four fingers, should be pressed gently down upon the abdomen in the right side and carried upward to the border of the ribs, then across to the left side, and then downward, making a little firmer pressure in this locality. A little sweet oil or vaseline applied to the hand will facilitate the manipulations. Massage, to be at all effective, should be resorted to once or twice daily for from five to ten minutes at a time, and continued for a number of weeks.

In addition to the above treatment it often becomes necessary to have recourse to more special measures, as the use of suppositories or injections, or the administration of remedies by the mouth.

A suppository or an injection will produce an immediate evacuation of the bowels, but there their value ends. They act by exciting an energetic peristaltic movement of the bowel, by which its contents are expelled. They have no tendency to promote more regular action in the future, and are, therefore, in no sense a cure.

To make a suppository a piece of Castile or common bar soap two or three inches long is cut and scraped into the shape and size of a sharpened cedar pencil; or the soap may be scraped and the scrapings pressed firmly together into the desired shape.

Castile soap is bland and less irritating than the ordinary bar soap. There are some babies, however, whose bowels seem to require the stimulus of the latter variety.

As the action of a suppository is merely mechanical, it is not essential that it should always be made of soap. Cocoa butter or molasses candy made into the form of a pencil, a piece of paper rolled up like a lamp-lighter and oiled, and the gluten suppository, have a similar effect. A suppository composed of glycerine and wax is very prompt in its action.

The suppository should be oiled and the point introduced into the seat. If any resistance is felt, a moment or two should be allowed to elapse before pushing it any farther; then the spasm of the sphincter muscle will have subsided, and the suppository can be introduced with facility. If any force is used irritation of the anus may follow. As a substitute for the suppository, forty or sixty drops of glycerine injected into the lower bowel act rapidly and effectually.

An injection of water has an entirely mechanical action in relieving constipation. The bowel being distended with the water is stimulated to expel its contents. The enema may be made more stimulating by the addition o soap, a teaspoonful of glycerine, molasses, or table salt.

In some obstinate cases, from one to four teaspoonfuls of warm olive oil may be injected and allowed to remain for several hours, and then followed by an enema of soap and water. Pressing the buttocks together will prevent the oil being rejected. The oil softens the fæces, and the subsequent injection brings the mass away.

When the mass is too hard and bulky to escape through the anal aperture—a condition that may be observed during the straining efforts of the child—notwithstanding the use of enemata, it may be necessary to break up the presenting mass with the finger or the handle of a spoon, before again resorting to the injection. In such cases much care is required in order to avoid injuring the parts.

For giving an enema a large hard rubber syringe, holding about six ounces, with a smooth nozzle about two inches long, or a Davidson syringe with the small tip, may be used. The nozzle of the syringe, first oiled, must be introduced gently into the seat, with the point inclined slightly backward and to the left side. Very little force should be used in injecting the water into the bowel. The amount of water to use will vary with the age and susceptibility of the child and the capacity of the rectum. An infant three months old will require from two to five ounces. A baby a year old from six to ten ounces. A good rule is to inject slowly until the child becomes uneasy or the water flows back. Stop instantly on complaint of pain.

The habitual use of large or even small injections is not to be recommended. Dilatation of the bowel and weakening of its muscular coat not infrequently follow the habitual use of the syringe.

The treatment of certain forms of habitual constipation by medicine involves the use of some drugs, as nux vomica, belladonna, and podophyllin, that would be unsafe unless prescribed by the attending physician. So that, in the way of medicines, allusion can only be made to some of the more simple remedies. As a rule, however, the less medicine is given to a child the better.

In habitual constipation castor oil and rhubarb had better be avoided; for after they have operated the constipation becomes as obstinate as before. For occasional attacks of constipation they do very well. Then a teaspoonful of castor oil, half a teaspoonful each of castor oil and glycerine, or half a teaspoonful of castor oil and two teaspoonfuls of syrup of rhubarb, may be given to an infant six months old. At the age of one year double

the quantity may be required. Sweet oil in from one to two teaspoonful doses is often efficacious.

Calomel is a very valuable cathartic for children. It is especially indicated when the stools are whitish like clay. There is, however, a prejudice against its use. But, as a matter of fact, if used properly its action is never anything but beneficial. For a child over a year old one grain of calomel; at six months half a grain, rubbed up with three grains of bicarbonate of soda, may be given at night, and repeated in the morning if it fails to act. Another excellent method of giving calomel is in the form of triturates. A one-tenth of a grain triturate of calomel given hourly for five or six hours will cause several evacuations from the bowels. These triturates may be obtained from most druggists. It must be remembered, however, that they are only for occasional use.

Manna, ten to thirty grains; phosphate of soda, five to twenty grains; or sulphate of soda, five to ten grains, given, at six months of age, three times a day, dissolved in the food, or separately in a little water, act very nicely when the bowels require a daily stimulation.

Carbonate of magnesia, from five to ten grains at six months of age, or calcined magnesia in slightly smaller doses, act as laxatives; but their habitual use is to be discountenanced, as they are liable to accumulate in the intestines when so given, and do harm mechanically. Infusion of senna is a favourite domestic remedy. It is made by steeping one ounce of senna leaves in a pint of hot water; the dose at six months is one to three teaspoonfuls, to be given only once, or twenty drops three times a day.

Elixir of cascara or cascara cordial, ten to fifteen drops three times a day, at a year or older, and the dose decreased one or two drops every third or fourth day, or more rapidly if its action becomes excessive, often proves curative in habitual torpor of the bowels. Unlike most laxatives, the bowels become less tolerant of the drug the longer it is given.—*Babyhood.*

About Walking. — Not one person in a hundred knows how to walk. Every age of life and every individual has his own gait. The tot-toddlekin as he begins to balance himself on two feet sways from one side to the other like a fat man. The little girl of six summers, with her pretty new dress on, walks as straight and elegantly as ever she will. Her little feet are thrown forward with an elasticity peculiar to that age. The little girl of thirteen begins to be careless, bends her back forward, and goes diving into the schoolroom as if she were going to swim. At sixteen, she steps along with short steps, striking her heels hard on the floor with a don't-care-for-nobody sort of walk. At eighteen, she thinks more of her gait, and aims to recall that of her earlier childhood. The boy of eleven, with his new thick boots, plants his foot like a soldier, and never knows that his boots disturb anybody. Many children are taught at home and at school to walk on their toes. This will do in a sick-room when one has squeaking shoes, but it is not natural or elegant. Put the heels down lightly at first, and the toes last; this keeps the body erect, instead of bending the body forward as a person must who walks on toes. It costs nothing to know how to walk correctly.

Special Notice.—The best stimulant for dietetic and other purposes is the "Skerryvore" (Registered) Blend of Fine Matured Scotch Whiskies, certified of the utmost purity by Mr. E. G. Clayton, F.C.S., Member of the Society of Public Analysts. Sold only by John Twatt, 36, Argyle-place, Edinburgh. Price 20s. per gallon, bottles and cases included.—[Advt.]

Public Health

"Health is the first Wealth."—*Emerson.*

TOWN LIFE AND ITS EFFECTS.

My late friend Dr. Milner Fothergill, among the many trite things to which he gave expression in his writings, laid stress upon the fact that our town life is in itself a cause of the degeneracy of the race. He was followed by Mr. Cantlie (now of Hong Kong), who, if I mistake not, alleged that it was well-nigh impossible to trace a pure-bred Londoner and his kith and kin beyond the fourth generation. Other writers have directed attention to the same grave problem of city life and its conditions as affecting the race. They point to the tremendous influx of country life which takes place yearly into London and other great centres of population, and they tell us that the city owes its chief vitality to this infusion of fresh, healthy blood into its masses. But in time these infusions will be affected by the prevalent causes of town-degeneration; and so the great mill of life continues to grind us down, slowly, it is true, but to grind us out in time (say the physiologists) altogether.

Of course, the causes of the degeneracy which city life is said to effect are to be found in the generally unhealthy conditions under which existence is pursued. Pure food, pure air, and pure water form the tripod of life in so far as our surroundings are concerned; and it is precisely these conditions which are not typically represented in our great centres. As to house accommodation, it is only of late years we have been awaking to the ideas that it is nothing short of disgraceful to permit cellar-dwellings and dilapidated tenements to be inhabited at all; and that to screw out of the poor of the slums an extortionate rent for houses compared with which an ordinary pigstye is cleanly and sanitary, is an extortionate, unjust, and crying evil.

The fact is that, the moment we have to deal with masses of human beings, aggregated together in cities, and living under conditions which violate every rule of health, we come upon causes of physical degeneration which are too evident to admit of theoretical modification, far less denial. An author has taken the trouble to total up for us the number of persons engaged in some half-dozen *sedentary* occupations in London in 1881. We find his figures to give us: indoor domestic servants, 258,709; general labourers, 78,115; milliners, &c., 71,837; clerks, 60,605; tailors, 41,221; and carpenters, 38,143. Thus, out of some 548,000 persons, about four fifths lead an indoor life, and, of these, two-fifths (or 173,000) follow purely sedentary trades. What sedentary life means to the units which follow it closely most of us may know. It implies the want of the first essential for healthy life—pure air—and it includes yet another condition of vitality—free and open-air exercise. Deterioration of frame in the one generation, we have also to note, is transmitted with tenfold force to the next. As health is cumulative in its effects, so also are disease and degeneracy; so that the mere pursuit of life and life's avocations in a big city must, in the cases of sedentary workers, be attended not only by an increasing lack of vitality, but by a transmission of the weakness to succeeding units. And there comes a point in this handing on of feeble health, says the sanatarian, when the climax is reached in the shape of the absolute dying out of the enfeebled stock.

The author from whom I have already quoted reminds

us that if we treat London as a kind of county or area by itself, we find that out of every 1,000 persons in London 371 are country-born. An immigration of 37 per cent. thus represents what the London population owes to country blood. Again, Mr. Galton is emphatic enough in his calculations as to the percentage of the supply of units (to the next generation) which is represented in rural and city districts respectively. Thus, 1,000 families in rural districts will supply about 2,334 adults to the next generation, while 1,000 town families will only supply 1,796. The town supply is only 77 per cent. of the country instalment, and to the second generation it is only 59 per cent. of the rural contribution.

Attacked thus from the side of increase and continuance, we see that the failure of vitality in towns makes itself felt on the population question in a very marked fashion; and this accords with what Mr. Cantlie, as we have seen, tells us about the decadence of the pure-bred Londoner. Statistics, proverbially, may be made to prove anything; but in the department of health we tread on relatively sure ground in the matter of figures. Taking London, typically so called, and excluding districts which are more or less suburban in character, we are told that, comparing it with healthy districts, the difference of death-rate is at the rate of 9·24 per 1,000 per annum. If, now, the population of typical London is set down at 2,767,298, we discover that 25,559 lives are thus annually lost in consequence of the conditions which prevail in this dense centre of mankind. No less startling is the fact that of every 1,000 infants born (I quote from my author once again) 112 more die under fifteen years of age in urban London than in the healthy districts.

Enough of figures, however; and I know that my readers will remind me that "London is, after all, the healthiest place of any." I reply, on the whole it is—for those who can afford to purchase the best of life's conditions. The healthy London of which my friends speak is a selected London; and their argument is therefore a very one-sided one, after all is said and done. I say to those who argue for healthy London that they represent (the healthy units, I mean) the survivors of a very tremendous general mortality. They are the favoured few who escape, by reason of their affluence, the dangers and degeneration which beset the many. It is the old story over again of the visitor to the slums of a city, who said to his guide that the gutter children looked fairly well and sturdy. "Yes," replied the guide, "but these children play on the graves of their thousand companions who have succumbed"; and what is true of the children of the slums seems to me to hold equally true of the population of every big city we know.

Is there any remedy, then, I may be asked, for this degeneracy which accompanies city life? The reply bears that we may certainly do much to better the existing state of things, and that according to plain health-laws. We want the State to to take up the question of proper dwellings for the masses, if private enterprise fails to accomplish the abolition of slums. We want philanthropists to purchase open spaces for us, and to give to the city lungs for the free respiration of its masses. So, also, we want wider facilities for reasonable recreation, and especially for the working-classes. More People's Palaces will result in fewer gin-shops; and greater facilities for cycling, football, and other games will stave off physical degeneracy as perchance nothing else will or can. Best of all, we must teach the masses the laws of health. We must see to it that in every school physiology and hygiene and domestic economy are duly taught to the boys and girls about to leave lessons for the duties of the workaday world. I have often thought that a hygienic corps, modelled on the plan of the Salvation Army, which could dive into the slums and teach the masses the "A B C" of health laws, would effect a reform for which we must wait as things are. Meanwhile, we are awaking to the knowledge that life may be made better and happier for most of us than it at present is; and in the larger hope of the coming day of health we must learn to labour—and hardest of all—to wait.—*Dr. Andrew Wilson, in the "Illustrated London News."*

Two Classes of Lemons.—Lemons are divided into classes; the true lemon and the bastard lemon. The true lemon is produced by the April and May blooms; the bastard by the irregular blooms of February, March, June, and July, which depend upon the rainfall or irregular irrigation and the intensity of the heat during the summer and winter seasons. The true lemon requires nine months to reach maturity, from the bloom in May to the mature fruit in January. There are but three harvests of the true lemon. The first is the November cut, when the lemon is green in appearance and not fully ripe. Lemons of this cut are most highly prized; they possess remarkable keeping qualities, and are admirably preserved in boxes in warehouses from November until March, sometimes as late as May, and then shipped. The second cut occurs in December and January. Lemons of the January cut must be shipped three weeks after gathering. At this date the lemon has acquired a yellowish appearance. The third cut is in March and April. The fruit is shipped as soon as gathered, spring prices being always high. The uniformity in size of lemons, as we meet them in the trade, is due to the monthly harvestings from October to March. No sizer is used or ever known then.

The Brain and Moral Culture.—Under the title of "Gehirn und Gesittung," Professor Mynert, of Vienna, read a paper before the last meeting of the German Association of Naturalists and Physicians, in which he considered the brain as an inhibitory apparatus against the lower and more instinctive natural impulses. The higher its development, the greater is the tendency to subordinate the particular to the general, and even in the lower animals we see a high state of social growth, as in the communities of bees and ants. In the development of the human individual, we see in the infant a being entirely wrapped in its instincts of self-preservation, the "primary ego" is predominant, and the child is an egoistic parasite. As development goes on this stand-point is passed, conscience assumes its priority, the brain acts as a check on the purely vegetative functions, and the "secondary ego" takes precedence over the primary one; and this is the general order of society we designate as civilization or social order (Gesittung). If this inhibition becomes weakened, as in progressive paralysis, then we see the disordered predominance of the natural instincts or impulses, and when it is totally lost the individual is in the position of a criminal, who opposes the ethical order of society—a parasite, and one of the worst kind, one who not only lives upon his host, but destroys him in so doing.

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Our Neglect of Cooking Methods.—Sir Henry Thompson points out our neglect of "braising," one of the most valuable methods we have of preparing animal food, and which—according to the same high authority—is far superior to "stewing." In braising, the meat is just covered with a strong liquor of vegetable and animal juices, technically called *braise* or *mirepoix*, in a closely-covered vessel; no evaporation is permitted, and it is exposed for a considerable time to a heat just short of boiling. It must cook slowly, and the liquid itself will impart and impregnate the meat with its odours and flavours of fresh vegetables and sweet herbs. The crowning charm of the whole is given by partially browning or half-roasting the morsel. The true way to do this is to have well-fitted to the braise-pot a sunk copper or iron cover, in which some hot coals or charcoal are placed, in order to transmit downwards a scorching heat to the top of the portion which is uncovered by the liquid in the pot below. To shield an unusually delicate morsel the careful cook puts a piece of white paper to shade it from too fierce a heat. The great use of this mode of cooking meat is that it suits either large or small portions, is equally valuable in rendering quite fresh or stringy meat tender and appetizing, and enables a delightful variety of flavour to be imparted to it through the medium of the liquid in which it is put. After all, the great secret of the charm of French cookery lies in its ability to produce appetizing small dishes of many kinds, of which the foregoing is an example, specially suitable for the unhappy wretch doomed to eat alone; while our English bachelor or spinster never gets beyond the inevitable chop or steak. To gratify our national vanity, however, one admission must be made—the materials used abroad are all, roughly speaking, inferior to our own; indisputably, the fish, meat, and game of Paris and the Continent generally cannot for a moment compare for quality or cheapness with the same productions in London. Yet, with infinitely inferior materials, the skill of an average Frenchwoman produces far superior results to ours; this is especially the case when dealing with meats and poultry, which are naturally somewhat insipid. Gallic ingenuity is well exhibited in a passage occurring in the first number of the famous *Almanach des Gourmands*, which appeared in Paris at the commencement of the present century, where we read, "Veal lends itself to so many metamorphoses that we may fairly term it 'the chameleon of cookery.'" Brillat-Savarin says similarly, "Poultry is for cookery what canvas is to the painter." Our traditional Englishman is supposed to revel in three or four year old mutton (now but a myth), mature beef, and the wildest of game, both winged and ground, so in theory can afford to scout all sources, extraneous flavourings, and garnishes. This artless simplicity is all very well when applied to the treatment of things which are, in themselves, perfect in flavour and texture, and which are certainly when "unadorned, adorned the most;" but we have carried it too far.—*W. A. Willis, in the "Provincial Medical Journal."*

✪ ✪ ✪

Antiseptic Ventilation of Hospital and Sanatoriums.—We have had an opportunity of inspecting this system at work on the business premises of Messrs. Burroughs, Wellcome & Co. The ventilation is carried on by the propulsion method, the motor used being a Sturtevant blower, situated in the basement of the building, actuated by a small steam-engine. The air is drawn through a shaft into a sheet-iron box, where it is heated by passing over tubes containing waste steam from the engine. The degree of heat can be regulated by the admission of a greater or less volume of steam into the coils or tubes. After leaving the heating-box the air is propelled by the blower into a shaft, where it is filtered by passing through linen cloths. The main shaft subdivides into branch shafts which conduct the warm fresh air into every room of the building. The volatile antiseptic is introduced into the branch shafts by means of a mechanical dropper, which causes the antiseptic liquid to drop continuously and regularly upon a sponge or other distributing material placed in the shaft before it opens into the room. Pinol (pumiline) and eucalyptol are the substances chiefly used. They are readily volatilized on the sponges by the warm current of air, and the vaporized essences are distributed through the rooms with the entering air, to which they give a fragrant and pleasant perfume. The propulsion system of ventilation has some advantages over the extraction system for hospitals and public buildings, as the air can be warmed, cooled, or filtered at one spot, and the amount introduced can be easily regulated according to the varying requirements of the establishment. For factories or other places where much dust is produced the extraction system is the best, as the floating particles in the air are carried away as soon as produced. As regards the use of antiseptics in the propulsion system, they are obviously likely to prove of much value for *post-mortem* and dissecting rooms, for crowded out-patient waiting-rooms or other places where foul odours are given off from the nature of the work carried on, or from the assemblage of a large number of dirty people. Whether the volatilized perfumes are sufficiently concentrated to exert any antiseptic or disinfectant influence on the air of the rooms with which they become mingled must remain a doubtful point. The system is advocated for use in the surgical and erysipelas wards of hospitals, in fever hospitals, and in consumption wards for these reasons. But with the exception of consumption wards, where the vaporized pinol might very possibly exert a soothing effect upon the lungs of the patients in the direction of relieving cough, there is no evidence that would lead us to believe that the introduction of these essences would increase the beneficial effects resulting from the introduction of pure warm air in abundant quantity. The system is, at any rate, worthy of trial, as the cost of the introduction of the antiseptics would be a comparative trifle compared with the cost of the installation of a system of ventilation by propulsion. There are few, if any, hospitals in the United Kingdom ventilated by the propulsion method, but we believe it is being largely introduced into the hospitals of the United States, where it is giving the very best results. The rotatory fans now made are very perfect appliances, as compared with the apparatus in use in past years, and they are capable of doing a vast amount of work in the propulsion of large volumes of air at a low rate of speed, an essential point in the ventilation of buildings, at a very small consumption of power.—*British Medical Journal.*

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Our Bookshelf

"Reading maketh a full man."—*Bacon.*

THE BYEWAYS OF THE BRAIN.

Through the Ivory Gate: Studies in Psychology and History. By W. W. Ireland, M.D., &c. (Edinburgh: Bell & Bradfute. 1889.)

Dr. Ireland's name will be familiar to our readers as the author of a preceding volume of psychological studies, entitled "The Blot on the Brain"—a book duly reviewed, at the time of its publication, in our pages. The present volume, he tells us in his preface, is a continuation of that essay. From the point of view of the scientific neurologist and physician, Dr. Ireland has studied the lives, character, and acts of many historical characters; and, as was shown in our notice of his preceding work, the results of this investigation are sufficiently startling. Mohammed, Joan of Arc, and other personages were duly dissected, in a mental sense, by our author, and found to be the subjects of various illusions or hallucinations. It is when these hallucinations are made to sway the lives and direct the energies of their possessors that various results accrue, both to the individuals themselves and to the communities or nations to which they belong.

Perhaps no fact of life is more astonishing than to discover how many great historical events have been directed by persons of whom it may truly be said they were "a little mad"—Dr. Ireland would say very erratic or mentally diseased in many cases. If, according to Dryden, the boundary-line which divides sanity from insanity, or keen wit from madness, is of very fine nature, we may hold with Dr. Ireland that that line is very often overstepped indeed. A perusal of the present volume will at least serve to confirm that opinion. What the world owes, in the way of religions and revolutions, to epilepsy and to the dreams and delusions of erratic, if not insane, brains, few persons can imagine; but all will at least be fully informed on this really important and startling topic by a perusal of the volume before us.

In the present work Dr. Ireland deals with Emanuel Swedenborg, William Blake, King Louis II. of Bavaria, Charles J. Guiteau (the assassin of Garfield), Louis Riel, Gabriel Malagrida, Theodore of Abyssinia, and Thebaw, King of Burmah. There is no lack of variety in this list it will be perceived, and Dr. Ireland's studies possess a wide-reaching character, which will serve materially to enhance their philosophical value in the eyes of thoughtful men.

To Swedenborg's peculiar theology (still propagated amongst us, and of late defended, somewhat feebly, against Dr. Ireland's attack, if we mistake not) our author devotes a very large part of the book under notice. That Swedenborg was the subject of delusions cannot be doubted by any one, save by those who simply elect to believe that he had veritable intercourse with the spirit-world. We are told Swedenborg's father was also a spirit-seer; hence, that the former inherited a neurotic tendency is a fair inference. His hallucinations seem, in truth, to have been encouraged by his parents. He had hallucinations of sight, hearing, taste, smell, and touch. He saw spectres and beheld visions. He was "continually haunted by the odours of spirits," says Dr. Ireland—by which phrase (joking excluded) is meant the emanations of spectres—whatever these odoriferous exhalations may have been. Bad spirits had most unpleasant odours, "one of the least disgusting being the smell of burnt bread, which was diffused by spirits who, when in the world, had been addicted to oratory of a deceitful character." Swedenborg was also a sleep-walker, but he remembered what he had done in his somnambulistic trances. He had fits or swoons which threw him on the ground. In a word, he was, in later life, the subject of delusional insanity, wherein "the higher brain-centres were less affected than the lower."

Out of the writings and ideas of this man has sprung a not inconsiderable sect, which propagates his teachings, and which believes in his revelation of things to come in the history of the world. There is food for much thought in this fact. How far men and women may be led by the delusions of a teacher, it may be difficult or impossible to say; but Swedenborg's case seems at least clearly to prove that the habit of investing dead-and-gone mystics with a halo of religious romanticism, is not a practice confined to the oldest Church of all. It is, nevertheless, a remarkable fact that a religious belief may arise out of the delusions of an insane man, and one has only to peruse Dr. Ireland's book to be convinced on this head. All the same, we cannot wonder that the disciples of the New Church should wince under the revelation which Dr. Ireland's book discloses of the mental habits and life of the apostle and founder of their faith.

Mysticism, finding its manifestation in hallucinations, was also the feature which dominated the life of Blake, the engraver. He saw Sir William Wallace when he was asked to sketch him; but Edward I. stepped in between Wallace and the engraver, and the sketch was therefore unduly interrupted. King Saul he also saw, clad in armour. Saul was sketched, but his helmet was left unfinished. Some months later, Saul conveniently came back, and Blake caught sight of the helmet and completed the picture. He conversed with a whole host of eminent persons, and undoubtedly foreshadowed the idea of Mr. F. Marion Crawford's interesting book, "With the Immortals." Homer, Dante, Milton, Moses, and the Prophets all talked with poor Blake; while Joseph of Nazareth told him how to mix his colours. These things read like an account of the sayings and doings of a person whose proper sphere is a lunatic asylum. It is no harsh judgment to add that many inmates of such institutions are probably much more sensible than was William Blake, the engraver, in his delusional moments.

The tragic fate of King Louis II. of Bavaria is still a recent event. The history of this mad king is of the saddest description; and Dr. Ireland sketches his career and death with many a graphic touch. Bavaria governed by a mad king, and then handed over at his death to that king's brother, who has been insane for years—"more insane than Louis ever was"—is a sight to make both gods and men weep. Well may Dr. Ireland add, that "It must be deeply abhorrent to the traditions of Divine right that the relentless facts of pathology should intrude themselves into the palaces of kings; but unless the princes of Germany shake off some of their prejudices, and show more wisdom and less exclusiveness in their marriages, they may find that a people so enlightened as the Germans will read their lesson for them, and, in the words of Schiller, will make it easier for their princes to be men, and more difficult to be kings."

Space fails us to follow Dr. Ireland's weird studies into further detail. His sketches of Guiteau, Riel, and the Kings Thebaw and Theodore are masterly and of exceeding interest. His book is the work of a keen, reflective, and judicial mind. He does not mince matters, it is

true, but neither does he exaggerate nor distort the plain facts on which his studies are based. As an expert in mental diseases, Dr. Ireland writes with authority. It is only bare justice to add that he writes also with grace and power, and that, as a consequence, his book is one to be read and re-read by all students of history, and by all interested in the problems of man's social evolution. Several fine engravings add to the attractiveness of the work.

The "Normal" Diet.—According to Dr. G. Munro Smith, the daily destructive metabolism, which is the great criterion of work done, does not vary much among different occupations. Premising that he does not consider moderate over-eating injurious, he finds that very many men eat considerably more than the most liberal tables: it is not an uncommon thing for an average-sized man on very moderate work to eat 25 or 27 ounces of chemically dry food a day. Women eat much less than men, after making allowances for differences in weight and work. Where a man eats 19 ounces, a woman of the same weight and active habits eats only 14 or 15 ounces. On a diet from which all meat is excluded he has found that 12 to 13 ounces *per diem* will comfortably feed a hard-working man. A moderate amount of stimulants appears to increase the average; moderately free drinking diminishes it. A diet consisting of one part of nitrogenous to seven or eight non-nitrogenous is a good combination; it is greatly exceeded on the nitrogenous side by the majority of men and women, especially the former. A diet of 12 to 14 ounces of chemically dry food, digestible, with the ingredients in proper proportion, is sufficient to keep in good health an average-sized man on moderate work. The majority of people (in England) eat literally twice as much as this.

Memory Following Cranial Injury.—The following case is reported by the patient, a distinguished member of the legal profession. The loss of memory has been permanent for certain subjects extending over a certain area of time preceding the accident. In all respects, says *The Medical Analectic*, the mental faculties are of a very high order. "When twelve years and ten months old, I fell over a cliff at Howth, County Dublin. The cause of my accident was a kind of landslip, and I fell and rolled about thirty feet, when I caught a bush, which gave way with me, and I fell about thirty feet more on to rocks. I was picked up quite insensible. My jaw was broken in four places, but no other bones. I am told, however, that my appearance was like that of some one who had been beaten into a jelly from head to foot. I have no recollection of the accident beyond holding on to the bush or bramble which gave way with me. Nor do I remember being picked up, nor anything which subsequently occurred, until about ten days after the accident, when I seemed to awake out of a long sleep, in great pain, and seeing Surgeon Butcher standing over me and setting my jaw, or doing something to it which caused me great pain. I was more or less incapable of doing anything for seven or eight months, owing to the shock to my system. My father had died about seven months before the accident; and I am told that I used constantly to be with him, and that he was very fond of me; but I have not the smallest recollection of him, or what he was like. Nor can I remember a single incident of my life before the accident; and, in fact, up to the time it occurred everything is a complete blank in my memory, both as regards individuals and events. I am told that I was practically insensible for about a week after the accident occurred."

IMPORTANT ANNOUNCEMENT.

A NEW VOLUME BEGAN WITH THE NUMBER FOR FRIDAY, OCTOBER 4th, 1889.

BONUSES TO SUBSCRIBERS TO "HEALTH."

Health, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the Publisher, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain Health from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following Free Gifts and Bonuses to all who subscribe to Health for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of Health, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of Health weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of Health so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of Health, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to Health, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with Health should be addressed directly to the Publisher, 2, Paternoster-square, London, E.C., and *not to the Editor*.

Fifth Edition.—Now Ready.—Greatly Enlarged, and completely Revised.

"*A Book every Young Man should read.*"

"A Lecture to Young Men on Purity of Life and the Preservation of Health." By A Graduate. Price One Shilling, or post-free, 1s. 1d., from Henry Renshaw, Medical Publisher, 356, Strand, London, W.C.

This pamphlet, now being issued in its Fifth Edition, forms a complete refutation of quackery of all kinds, and is a safe and reliable guide, from the medical standpoint, to all young men. Every Youth should read this pamphlet as a guide to the safe conduct of life in a moral and physical sense.

"ELECTRICITY IS LIFE."
(TRADE MARK.)

PULVERMACHER'S
WORLD-FAMED
GALVANIC BELTS,

FOR the CURE of NERVOUS DISEASES,
HAVE RECEIVED TESTIMONIALS from over
FIFTY MEMBERS of the
ROYAL COLLEGE of PHYSICIANS of LONDON, including
THREE PHYSICIANS to
HER MAJESTY the QUEEN.

RECENT TESTIMONIALS.

GALVANISM *v.* EXTREME NERVOUS DEBILITY and SLEEPLESSNESS.

12, Henry-street, Rawtenstall, Lancashire, 17th February, 1890.

Dear Sir,—You will be pleased to hear of the recovery of my apparently hopeless case. It is now some months since you persuaded me to try one of your Electric Belts. I was then suffering from nervous weakness, loss of appetite, sleeplessness, and pain in the side. In fact, I was a complete wreck, and two physicians whom I consulted told me that I should never be well again. Before I consulted you I had lost three stone in weight, and was so completely broken down, I lost all hope; but after wearing your Belt for a short time I began to revive, and in two months the improvement was so rapid that one of my physicians told me I should get well again; and now that I am restored to health, you are at perfect liberty to use this letter as a testimonial.—Faithfully yours, J. NORTH.

Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* RHEUMATISM.

The Retreat, Wellington, Somerset, 13th February, 1890.

Dear Sir,—I am thankful to be able to state that I have received great benefit from your Galvanic Belt for Rheumatism. The pain I complained of has nearly passed away, and the weariness after walking has quite passed off. I can now walk seven or eight miles without fatigue, and my average walking is about five or six miles every day. I am also glad to report a considerable improvement in my spirits and general health.—Yours very truly,

Mr. J. L. Pulvermacher, 194, Regent-street, W. D. J. BLIN.

GALVANISM *v.* PAIN in the BACK and INFLUENZA.

53, Beresford-road, Oxton, Birkenhead, 5th February, 1890.

Dear Sirs,—Last Thursday I was bad all day with Lumbago after an attack of Influenza. I put on your Galvanic Body Belt round the waist, and on Saturday night I was able to leave it off altogether, as the pain was entirely gone.

I lent my Belt to our minister, who was suffering in the same manner, and a friend of mine at Tranmere got so much benefit from it that he sent to you for one of your Belts for his own use.—Yours faithfully, H. HOPE.

Messrs. J. L. Pulvermacher & Co., 194, Regent-street, W.

GALVANISM *v.* NERVOUSNESS and DEBILITY.

349, Dumbarton-road, Partick, 3rd February, 1890.

Dear Sir,—I purchased your Galvanic Combined Band according to your advice, and you will be pleased to hear of the great benefit I have derived from it. The nervousness I suffered from has entirely disappeared, and I have enjoyed better health this last few months than I have done for many years previously. I feel thankful to God for my recovery, and to you for the means which has restored me to health and strength again, and I shall always consider it my duty to recommend your treatment to those who suffer from nervous weakness.—Yours truly, A. MUNRO.

J. L. Pulvermacher, Esq., 194, Regent-street, W.

GALVANISM *v.* INDIGESTION and SPASMS in the STOMACH.

Langley, near Macclesfield, 3rd February, 1890.

Gentlemen,—I have been a great sufferer for a considerable length of time from indigestion and spasms in the pit of the stomach and bowels, but since wearing your Electric Belt the result has been wonderful. I have now a good appetite, and can eat anything without the least pain, also the spasms in the stomach and bowels have quite left me. I write these few lines trusting you will place them in your list of testimonials, that other sufferers may read and benefit by your treatment.—Yours truly, J. WARDLE.

Messrs. J. L. Pulvermacher & Co., 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.

The distressing symptoms of NERVOUS EXHAUSTION, LOSS of MUSCULAR POWER, RHEUMATISM, SCIATICA, PARALYSIS, EPILEPSY, &c., are speedily removed by means of PULVERMACHER'S world-famed GALVANIC BELTS, which convey the electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of premature waste and decay.

ADVICE PERSONALLY or by LETTER, free of charge.

FOR FURTHER TESTIMONIALS, both Medical and Private, see new Pamphlet, "GALVANISM: NATURE'S CHIEF RESTORER OF IMPAIRED VITAL ENERGY," post free on application to

J. L. PULVERMACHER & CO.,
GALVANIC ESTABLISHMENT,
194, REGENT-STREET, LONDON, W.
(ESTABLISHED OVER FORTY YEARS.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. All questions are answered free of charge in the columns of HEALTH. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

NOTICE TO WRITERS OF ARTICLES.—All articles sent to the Editor of HEALTH must be accompanied by stamps to ensure their return in case of rejection. It must be distinctly understood that the Editor and Proprietor do not hold themselves responsible for the loss of rejected communications.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

OLD GUARD.—Give Inman's Syrup of the Hypophosphites a fair trial, and take a teaspoonful of this tonic, in water, after your meals, thrice daily. It will brace you up and correct your depression.

G. RAEBURN.—Take the Inman's Syrup of the Hypophosphites as ordered to "Old Guard" in the present number.

APACA.—1. Use Bunter's Tooth preparations for your teeth—see advertisement in our pages—and wash your teeth regularly night and morning. 2. Horsford's Acid Phosphate.

STELLA.—1. No; not injurious in any way unless you are subject to acidity or rheumatism. 2. It may be found useful as an application. 3. Yes; an excellent food.

DAB.—Apply Vinolia to the irritated parts as an ointment, and wash the parts night and morning with Vinolia Soap. This will very likely prevent any recurrence and cure the irritation.

G. W.—There is no "preparation" required. We should say Wyeth's Dialysed Iron (Burroughs & Wellcome) would suit you, taken in fifteen-drop doses, thrice daily, after your food, in water. The ordinary tincture of perchloride of iron ("steel drops") is in its

way an excellent preparation, and agrees well with many persons. The dose is as above given. As to your food, let your dietary be generous in character, and you will probably cure the unsatisfied feeling to which you allude by taking at dinner a little stout or a glass of good claret, to promote assimilation.

CHLOROSIS.—What you mean is "sclerosis," not "chlorosis." Send us stamped addressed envelope, and we will forward to you the address of a London specialist, whose advice we strongly recommend you to seek. Be guided by his opinion as to all measures, remedial and curative.

IGNORANCE.—The remarks in advice to "Wrecked" in HEALTH No. 358 apply to your case in a modified way. Read what is said there regarding the advisability of your cultivating a healthy neglect of your so-called ailment. You will be much assisted in your recovery of tone by perusing the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.). You suffer from no disease, as the pamphlet will show you.

EYEBROWS.—Try the lotion ordered to "Separens" in HEALTH No. 358.

C. R. J.—First of all avoid the use of hard brushes and small combs. Then wash the head once every ten days with Vinolia Soap and tepid water. Every day rub into the hair-roots a little of the lotion ordered to "Separens" in HEALTH No. 358; and let us hear, after some weeks' trial of this remedy, how your ailment has been affected thereby. If you have any skin-irritation, apply Vinolia to it each night as an ointment.

CHARLIE STEWART.—Read the article on acne and blackheads in HEALTH No. 199, and follow out the treatment therein advised. This number may be had from the Publisher, price 2½d., by post. 2. Any excess of fatty matter is apt to induce biliousness in such subjects. 3. See advice (as regards diet) given to "G. W." in the present number.

SCOTIA.—All such statements are exaggerations. If the results named were common, more than half the population would be insane. Such remarks do much harm, and injure a good cause. Read the pamphlet above recommended to "Ignorance" for full information.

ASBESTOS.—We do not think the fire can have any material effect upon you in the way you name. It cannot exhaust the oxygen of the air. Like yourself, a fire simply consumes the air; and your remedy is clearly to secure free ventilation of your chambers. If you succeed in so doing, all your annoyances will disappear.

NANCY.—1. There is no possible way of cooling, save possibly by lowering gradually the temperature of the "waiting" room. Ask the bath attendant her advice. You should not risk chill, even if you have to renounce the baths. 2. See to the mastication of your food, and rest rigidly after every meal. Let your diet be very light for a time—white boiled fish, meat soups (little solid flesh meat) stale bread only, few potatoes, and little or no tea or coffee. Note advice given to "A. Karoo" last week as regards the use of Cascara if constipation exists; and it is probable the pill ordered to "M. B. R." in last number may do you good.

CONSCIOUS.—1. There is no danger whatever. 2. Use Dee Oil as an application for your skin-ailment, and apply it regularly to the parts. See note in present number regarding its use.

HERB.—1. Read the pamphlet recommended to "Ignorance" in the present number. 2. The spots prove that the ointment is doing you good. Leave it off after a while, and try the lotion ordered to "Shoemaker" in last week's number. 3. Cold or tepid (soft) water. 4. No; a crude remedy.

TOO LATE.—Our best advice to you is, that you should undergo a thorough examination by a skilful surgeon, and take his opinion as regards bandaging, &c. Send stamped addressed envelope, and we will forward you address of a London surgeon, who will advise you.

H. J.—We are of opinion that all your troubles are due to your nervous state, and there is no reason why you should be nervous. The symptom of palpitation is due to defective assimilation of your food. Rest after your meals; let your diet be light, and, as an experiment, try the effect of a glass of stout or claret at dinner, as an aid to assimilation. Try also the pill ordered to "M. B. R." in last week's number. For the rest, simply neglect the other matter you mention. We cannot advise that you should take the exercise named other than in the fashion recommended in our previous advice. We agree with the medical opinions you have had; but your state should improve under exercise, care in diet, and, above all, with less thinking about yourself. A little healthy neglect of the physical condition acts very beneficially on nervous subjects.

W. HAMILTON.—Take a dessertspoonful of Scott's Pure Cod Oil Emulsion with Hypophosphites, after your meals, thrice daily, and live generously otherwise. You cannot accomplish what you desire except by taking nourishing food and the Cod Oil.

JACKSON.—We do not think hypnotism could effect such a result; and, in our opinion, it is an unadvisable procedure. You should read the discussion which will shortly be commenced in HEALTH on "Mesmerism in Medical Practice." Our advice to you is, that you simply exert ordinary mental control, and this control is, of course, best aided by your acquiring a high state of general health. If you wish for any further details, we can give you them on receipt of stamped addressed envelope.

JOHN RYLEY.—1. The Medical Battery Co., 52, Oxford-street, London, W., will afford you the information you seek. 2. No: the truss required is an ordinary one. 3. After medical examination only.

ALFRED G.—Try Stern's Pumiline Essence as an inhalation. Add it to hot water, and inhale, but avoid exposure to cold after inhaling. Rub Stern's Pumiline Liniment into your chest at night, and cover the chest with cotton-wool thereafter. After meals take the Scott's Cod Oil Emulsion as ordered to "W. Hamilton" above.

C. C. PARKER.—The effects of the sprain. Try playing hot and cold water douches alternately on the joint night and morning, and use Bayley's Wood Oils (see advertisement in our pages) as a liniment.

A. G. K.—1. Horsford's Acid Phosphate is a tonic suitable for your case. Give it a fair trial. 2. Pulvermacher's Belts may be tried as serviceable appliances. Apply to Mr. Pulvermacher, 194, Regent-street, London, W.

COUGH.—See advice given to "Alfred G." in the present number regarding the use of Stern's Pumiline Preparations. Give them a trial as above directed.

EIGHT FIRST CLASS EXHIBITION AWARDS.

SCOTT'S For Infants, Children, and Persons of Weak Digestion.

MIDLOTHIAN

"Unequalled" **OAT-FLOUR.**

SOLE MAKERS—

A. & R. SCOTT, Limited, KINGSTON, GLASGOW; & 15A, FINSBURY-SQ., LONDON.

Export Agents: BOYACK & CO., 88, Bishopsgate-street, E.C.

SCOTT'S MIDLOTHIAN OAT-FLOUR.—There is no preparation which can be assimilated with greater facility than such a flour as this. Those who suffer from indigestion might substitute for their ordinary breakfast materials this flour, prepared according to the recipe given by Messrs. Scott, and printed on the tins.—HEALTH.

SEBAX. — Try the effect of taking ten grains of antipyrin in water, between your meals, twice daily. Messrs. Burroughs, Wellcome & Co.'s Antipyrin Tabloids (five grains each) may be tried as a handy form of taking the drug.

MARY R.—The following mixture will cure you: Ammonio-citrate of iron, a drachm and a half; spirit of sal volatile, three drachms; chloric ether, one drachm; syrup of tolu, three drachms; camphor julep, seven ounces. Label: "One tablespoonful, thrice daily, after meals."

T. T. S.—For thread-worms, try injections of infusion of quassia or of cold tea. Attend to the purity of the water drunk, and to the cleanliness of all vegetables which are eaten. Give plenty of salt with the food. A grey powder given occasionally will assist the cure. Another cure is to use an injection of half an ounce of the tincture of perchloride of iron to a pint of water, as a cure for thread-worms.

Tired Brain

Horsford's Acid Phosphate,

A brain food. It increases the capacity for mental labour, and acts as a general tonic. It rests the tired brain, and imparts thereto new life and energy.

Dr. ED. T. JOHNSON, M.R.C.S., 121, Rice-lane, Walton, Liverpool, says: "I have used it with very good results in cases of overtaxed and overworked brains, one in particular, a schoolmaster, where it acted like a charm."

Dr. JNO. LAMBE, M.R.C.S., West Villa, Shurdington, No. Cheltenham, says: "It produced good results in sick headache and brain prostration, tranquillizing the irritation, giving comfortable sleep."

Descriptive pamphlet post-free on application to
Rumford Chemical Works,
Providence, R.I., U.S.A.

Beware of Substitutes and Imitations.

CAUTION.—Be sure the word "Horsford's" is printed on the label. All others are spurious. Never sold in bulk.

GREY FRIAR. — To remove ink-stains from linen, wet the finger in water, then dip into a powder consisting of one part of finely-powdered oxalic acid mixed with four parts cream of tartar, and rub it on the spot gently, keeping it rather moist, and the stain will disappear without injuring the fabric. After the stain disappears, wash the linen in pure water.

AMICUS.—Paint the gland with tincture of iodine until the skin becomes tender, and then cease the painting. Internally, take cod liver oil (to which a little syrup of the iodide of iron has been added by your druggist) after meals, thrice daily.

LOTHE.—Try taking fifteen drops Fer Bravais after your food, in a little water, thrice daily; and take plenty of open-air exercise.

S. CAMBERWELL.—Wash the parts regularly with Vinolia Soap and tepid water, and dust on, after washing, a little of the following powder: Powdered starch, two ounces; oxide of zinc, one ounce; powdered camphor, one drachm. Mix. Label: "The Dusting Powder; for outward use only."

MAID.—For greasiness of the skin, try bathing the face morning and night with light white wine; or use the following lotion: Sulphate of zinc, two grains; compound tincture of lavender, eight minims; distilled water, one ounce. Apply two or three times daily.

STOP THE COUGH

BEFORE IT REACHES THE LUNGS

By taking a small Bottle of

SCOTT'S EMULSION.

It will surely cure your cough at once,

and, unlike ordinary cough remedies, will strengthen and build up your system.

SCOTT'S EMULSION is a skilful combination of Cod Liver Oil with Hypophosphites, and the potency of these two great remedies has been increased threefold by their ingenious combination into this palatable Emulsion.

SCOTT'S EMULSION will cure Consumption in its early stages without fail, and will surely relieve in the later stages and greatly prolong life.

FOR SICKLY WASTING CHILDREN AND FOR EMACIATION, it will increase flesh and strength when all other remedies have failed.

SCOTT'S EMULSION of Cod Liver Oil with Hypophosphites is palatable, and three times as effective as the plain oil.

Physicians prescribe it in preference to the plain oil, and admit its superiority.

All Chemists at 2/6 and 4/6.

T. GRANGER.—A lotion for blackheads is made by mixing three drachms of sulphur, four drachms of glycerine, and four ounces of rectified spirits. This should be rubbed into the skin at night. You must also take hot baths and use a hard towel, and avoid excess of fat foods.

A. G. S. — Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.).

S. ALMOND. — Try the following as a nutritive hair-application, and brush the hair night and morning thoroughly with a pair of very soft brushes; use no hard brushes or combs: Castor oil, four drachms; almond oil, twenty-eight drachms; glycerine, twelve drachms; rectified spirits, four drachms; Jockey Club perfume, eight drachms. Mix. Label: "Rub a little into the roots of the hair each morning."

G. P.—Write to Mr. Scafe, 21, Albion-street, Leeds, for self-measurement directions and prices of his boots, which are impervious to wet and moisture.

MARK E.—Take the following powder for boils: Sulphide of lime, twenty-four grains; sugar of milk, half an ounce. Take of this powder as much as will cover a sixpence, every four hours.

BRIM.—Try injecting a teaspoonful of glycerine, as directed in HEALTH No. 285, in the article on the use of glycerine in constipation.

ALEX. FAIRBAIRN.—A Chloride of Ammonium Inhaler (Burroughs, Wellcome & Co.'s) will suit you. Note the effect of this on your ailment.

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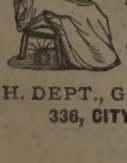

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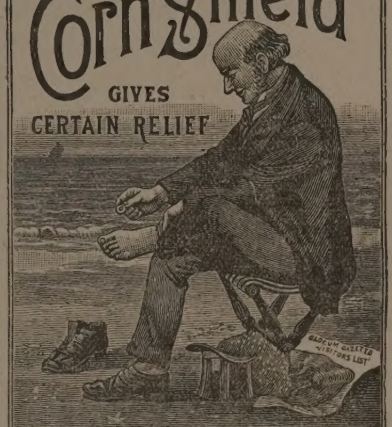

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